



Orienteering Merit Badge Worksheet



All materials will be provided by the park

1. Describe the type of first aid that should be used for the following types of injuries that could occur while orienteering.

Cuts _____

Scratches _____

Blisters _____

Snakebite _____

Insect Stings _____

Tick Bites _____

Sunburn _____

Heatstroke _____

Heat Exhaustion _____

Hypothermia _____

And Dehydration _____

Explain to your counselor why you should be able to identify poisonous plants and

poisonous animals that are found in your area. _____

2. Explain the type of injuries that the prehistoric people at Russell Cave would encounter.

3. Explain how you think the prehistoric people found Russell Cave. _____

4. Explain what orienteering is. _____

Explain how prehistoric people at Russell Cave could have used orienteering. _____

5. Do the following:

- (a) Explain how a compass works. _____

(b) Describe the features of an orienteering compass. _____

- (c) In the field, show how to take a compass bearing and follow it. _____

6. Do the following:

- (a) Explain how a topographic map shows terrain features. _____

- (b) Point out and name five terrain features on a map and in the field.

1) _____

2) _____

3) _____

4) _____

5) _____

- (c) Point out and name 10 symbols on a topographic map.

1) _____

2) _____

3) _____

4) _____

5) _____

6) _____

- 7) _____
- 8) _____
- 9) _____
- 10) _____
- (d) Explain the meaning of declination. _____
- _____
- Tell why you must consider declination when using map and compass together.
- _____
- _____
- (e) Show a topographic map with magnetic north-south lines. _____
- _____
- (f) Show how to measure distances on a map using an orienteering compass. _____
- _____
- (g) Show how to orient a map using a compass. _____
- _____
7. Give two examples of how the prehistoric people came across to America. _____
- _____
- _____
- _____
- _____
8. Set up a 100-meter pace course:
- (a) Determine your walking and running pace for 100 meters. _____
- _____
- (b) Tell why it is important to pace-count. _____
- _____
9. Do the following:
- (a) Identify 20 international control description symbols. Tell the meaning of each symbol.
- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____
- 7) _____
- 8) _____
- 9) _____

- 10) _____
- 11) _____
- 12) _____
- 13) _____
- 14) _____
- 15) _____
- 16) _____
- 17) _____
- 18) _____
- 19) _____
- 20) _____

(b) Show a control description sheet and explain the information provided.

Attack Point _____

Collecting Feature _____

Aiming Off _____

Contouring _____

Reading Ahead _____

Handrail _____

Relocation _____

Rough _____

Versus Fine Orienteering _____

(c) Explain how prehistoric people at Russell Cave used each of the following.

Streams _____

Trees _____

Sun _____

Moon _____

Stars _____

10. Do the following:

- (a) Take part in three orienteering events. One of these must be a cross-country course.
- (b) After each event, write a report with (1) a copy of the master and control description sheet, (2) a copy of the route you took on the course, (3) a discussion of how you could improve your time between control points, and (4) a list of your major weaknesses on this course. Describe what you could do to improve.

Event 1: _____

3) _____

4) _____

Event 2: _____

3) _____

4) _____

Event 3: _____

3) _____

4) _____

11. Do **ONE** of the following:

- (a) Set up a cross-country course that is at least 2,000 meters long with at least five control markers. Prepare the master map and control description sheet.

- (b) Set up a score orienteering course with at least 12 control points and a time limit of at least 60 minutes. Set point values for each control.

12. Do the following:

(a) Explain why the people of the Paleo Culture used the cave shelter as a stopover.

(b) Explain why the people of the Archaic Culture used the cave shelter seasonally.

(c) Explain why the people of the Woodland and Mississippian Cultures used the cave shelter as a stopover. _____
